

COVID-19 Safety Sheet for

Workshop Participants

STATEMENT

Your health and safety is the utmost importance to us. This *COVID-19 Safety Sheet for Workshop Participants* is designed to help you understand health and hygiene requirements in order to attend. If you wish, we can provide a copy of Roses in the Ocean's full *COVID-19 Safety Plan*.

HYGIENE

- Wash hands with soap and water for 20 seconds and dry with paper towel or hand dryer before and after eating, after coughing or sneezing, after using the bathroom, after using public transport, and after touching any potentially contaminated surfaces.
- If there is no soap and water, use an alcohol based hand sanitiser that contains at least 60% ethanol or 70% isopropanol as per the manufacturer instructions (sanitiser will be provided by Roses in the Ocean and/or by the venue where the workshop is taking place).
- Cough and sneeze into your elbow or use a clean tissue.
- Refrain from touching your face, eyes, nose and mouth.
- Refrain from spitting.
- Dispose of tissues and cigarettes hygienically (ie: into a closed bin)
- Wash and dry hands before and after smoking a cigarette.

SAFE DISTANCING

- Remain 1.5m away from other workshop participants and facilitators.
- Avoid physical contact such as shaking hands, hugging, patting backs, etc.

SAFE TRAVEL

- If possible, drive your own vehicle.
- If catching public transport, where possible, avoid travelling at peak times.
- Unless it becomes mandated by the government, perhaps wear a mask and disposable gloves when in public, and sanitise your hands after getting off public transport.
- Follow building/office signage to understand how many people are permitted in a lift.

HEALTH & SAFETY

- We all have a duty to take reasonable care of our own health and safety, and to not adversely affect the health and safety of others.
- We all have a duty to maintain good personal hygiene and practice physical distancing.
- COVID-19 symptoms present differently for each person, so if you are feeling even slightly unwell, do not travel or attend the workshop.
- If you are presenting with any COVID-19 symptoms please seek medical clearance, which may include contacting your local GP and/or getting tested for COVID-19.

If you feel that you may have any symptoms relating to COVID-19 please use the Health Direct Tool to determine your next steps: <https://www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker>